

# Self - Assessment test

Disagree - Agree

1. I am convinced that the key to my spiritual success is personal effort.
2. I Strive to gain God's approval.
3. I am doing my best at working hard to be a good Christian.
4. I feel like I owe it to God to be the best I can be.
5. I am running in circles trying to find my role in the church.
6. It's not clear to me what my role is in my church community.
7. I sense that I am not in my gifting sweet spot.
8. I don't know my unique gifting.
9. I don't have people who know me on a deep level.
10. I don't have close friends who I can share my heart with.
11. My friendships are generally shallow.
12. I feel discouraged after seeing my friends.
13. I waste a lot of time scrolling on my phone.
14. I don't always make time for what's is most important.
15. I waste a lot of time.
16. I am so swamped that it's impossible to make time for others.
17. I am falling into old addictions.
18. I can't get victory over old sins.
19. I am doing things that I keep secret from everyone out of shame.
20. I keep ending up in the same patterns of sin.
21. I doubt God can love someone like me.
22. I have a constant loop of negative thoughts in my head.
23. I have too much shame to see my identity in Christ.
24. I am regular berating myself in my thoughts.
25. Fear is holding me back from doing something that I know God's plan for me.
26. I would rather settle for what is just okay than risk getting hurt.
27. I am not going to do something if I am not sure it will work out.
28. I am not one to step outside of my comfort zone.